

POP!

Panaga Outpost Pages Seria, Brunei Darussalam

In this issue:

- › **introducing “Meet and Greet corner”**
- › **snapshots from Kinderfeest**
- › **meet the new MD!**

get to know Mrs Ceri Powell in our interview, pages 3-6

plus: lots of useful information and fun events!

Outpost	2
Interview	3-6
Meet & Greet Corner	7
Notice board	8-12
May calendar	13
Upcoming events	14-19
Snap shots	20
Public Holiday Calendar	21
Emergency numbers	22
Panaga Health Info	23
Outpost Seria team 2017	24

Issue 5, May 2017

OUTPOST

EXPATRIATE SUPPORT NETWORK

Outpost

About Outpost Seria

Outpost is an information hub for expatriate families in all stages of their posting.

We provide services such as:

- › Meet and Greet for Newcomers
- › Networking Events including coffee mornings and boat trips
- › Workshops such as CV Writing, First Aid, How to prepare your move, Wildlife in Panaga, Third culture kids
- › Weekly conversational English and Malay classes

...and much more.

Don't forget to check our Facebook page –Outpost Seria, Brunei– for up to date information.



Dear "POP" readers,

I hope you have all had a wonderful April! My name is Annika and I'm the new Outpost Newsletter Editor. This is my second issue of Panaga Outpost Pages and I think I'm starting to get a hang of it now! It's been great getting to know the fantastic and committed ladies of the Outpost team and I'm looking forward to help making "POP" a useful resource for our community.

This month I've enjoyed myself trying out riding at the BSRC stables and on a weekend away with my husband to Ho Chi Minh City, Vietnam, a destination I can highly recommend. If you go, you should definitely try and catch *the AO show* at the Opera house, it is a charming and beautiful performance that I think people of all ages can enjoy.

Speaking of recommendations! Our team would like to collect your top tips for destinations, shops and restaurants, to share with our community. We believe this is something both newcomers and "veterans" here in Brunei can find useful. Send in all advises via: outpostbrunei@shell.com

Kind regards,
*Annika Cederberg on behalf of
the Shell Outpost Brunei-Seria team.*

Contact us:

Tel: +673 337 4927

Email: outpostbrunei@shell.com

URL: <http://seria.globaloutpostservices.com>

or: www.panagaclub.com/outpost

Facebook Group: Outpost Seria, Brunei

Or come visit!

Opening Hours:

Monday to Wednesday, 9 - 11 am

Thursday 8.30 - 10.30am

Address:

Outpost Brunei - Seria

F12 Lapanpuluh A1

Panaga KB 3534

Interview

Mrs Ceri Powell

- › **New Managing Director of Brunei Shell Petroleum**
- › **Honorary Chair of Outpost Seria**

Ceri arrived in Brunei this March to fulfil the function of Managing Director. Who is this lady and what has motivated her to make the steps that have led her through her Shell career? She kindly agreed to answer the questionnaire below, to introduce herself to the Panaga community. Please read the interview and discover more about Ceri's remarkable personality.

Where did you grow up?

I was brought up in Pembrokeshire in South West Wales and Pembrokeshire. I am Welsh.

What did you study and why? Was there a moment you decided it was a subject that you wanted to pursue?

I studied geology in Liverpool, followed by a PhD in Structural Geology at the University of Wales (Cardiff).

The area where I was brought up, Pembrokeshire in South West Wales is known for its amazing geology along the coast. It is where geologists from all over the world go to look at the rocks and look at the fossils. I actually think this region attracted really great quality geology schoolteachers. The passion for my geological career started then – at school, going on day field trips with these fantastic quality teachers. But in fact there's another strand there – my father actually worked for an oil refinery down in Milford Haven in Pembrokeshire, but he was



a very, very keen environmentalist, so we had this kind of balance in our family of fossil-hunting, geology, keen on the environment, and also the energy industry coming from downstream refining. So I think with the structural geology of the coastline, these great teachers, and then the push from my father that nature was so vital, even as a small kid, I actually think that's where the passion started. And to be honest that sort of technical geological passion stays with me today.

“...we had this kind of balance in our family of fossil-hunting, geology, keen on the environment...”

Did you ever think about having a plan B for your career?

Well, the really funny bit is that my geology study actually was my plan B. I left school, albeit with this great geological passion, with a really clear vision: to be the first female stockbroker in Britain. So I started university to read accountancy to accomplish this, as this was my

Interview

plan A. It took exactly ten weeks to realise plan A was a dreadful mistake. I wasn't very good at accountancy and accountancy wasn't very good for me. So I really hated it, and began to sneak into geology lectures at university and then by the end of the year, I realised I was just in the wrong place. So, I left university, that university, and I started again and I read geology. It was immediately a fit – I just loved it. So from the time I started that degree until today, I still have the same passion for the technical and geological hunger for knowledge. And I always say: "be yourself, never be a second-rate version of somebody else".

"be yourself, never be a second-rate version of somebody else".

Why did you join Shell? What has kept you at Shell throughout your career?

I did my PhD in structural geology at Cardiff University and I was sponsored by Shell UK. As part of that sponsorship I was really privileged to have coaching during my PhD by some of the icons of the energy industry, which work for Shell. And that really gave me a sense of the importance of technical excellence within Shell. I did not know very much about the energy industry so what I did know was shaped by the thought that these people were important in the company, so technical excellence was important. And I think actually that's dominantly what has kept me at Shell, all of these years.

But on the broader question of what keeps me in the energy industry and doing my

job every day, being proud of what I do as an explorer, is actually seeing the impact of what we do. The world's population when I was a toddler was three billion people, now it is seven billion people. By 2035 it's going to be nine billion people. How do we fuel that additional energy that is going to be needed by all these people, as they rightfully try to progress through to having a fridge, having light, having heat. So as a leader of the energy industry, being part of that solution in terms of the whole energy supply and demand balance I think that is really important.

What do you think has been the biggest achievement of your career to date?

I could easily say: "we or I have found a lot of oil or found a lot of gas" – that's part of it, of course – it makes me feel pretty proud. But I think also something outside of Shell, actually, and I'm privileged to sit on the advisory board of a pretty amazing committee, which is 40 leaders guiding the United Nations Sustainable Energy for All. And I try to bring the experience of emerging markets, and the role of clean and green energy, from my Shell world, in feeding this growing energy demand. It is co-chaired by



Interview

the UN Secretary General and the President of the World Bank. So these are pretty iconic leaders in the world, who have got really three goals in mind by 2030: universal access to electricity, doubling energy efficiency and doubling the share of renewables, and for me that sort of encapsulates what I really believe in – energy for all people.

“...for me that sort of encapsulates what I really believe in – energy for all people.”

Is there any book you would recommend others to read?

I was reading a book “Lean In”, written by the Chief Operating Officer of Facebook, Sheryl Sandberg. It’s written for women, but I actually think it applies to everybody, especially young people in the industry. What she means by ‘lean in’ is how to make sure that your talents are recognised and also rewarded, by being in the centre of the action. She talks about leaning in to find solutions, leaning in to participate, leaning in to solve problems, and be the person your colleagues naturally come to. If I was starting out again I would try to make sure I would use her words, ‘leaning in’, in every moment of my career.

If you had an opportunity to interview anybody, who would you choose?

There is one person I would have loved to interview, and she is my absolute heroine. Her name is Dame May Ogilvie Gordon, and she was a geologist, a Scottish geologist, in 1890. At that time, she was not allowed to do a PhD in geology in Scotland because it wasn’t allowed that women studied a PhD in the UK. So she moved to Germany, learnt German, studied mountaineering and started working on

her fieldwork in the Tirol. About 17 years later, she found herself a supervisor and got some supervision for her fieldwork, and she went on to be the first woman fellow of the Geological Society of Britain. She wrote 30 scientific papers and became one of the most eminent geologists of her time.

What answer would you give a class of 15 year olds if they asked you what a career in the energy industry could offer?

People have an image when you say ‘energy industry’ and I think it is to take it even more broadly than that and to inspire them through saying that scientists and engineers throughout history have revolutionised our world, and do they want to be part of whatever the next revolutions will be from scientific and engineering breakthroughs?

What would my advice be for 15-year-olds? I would say get involved, like this ‘lean in’ thing. I



Interview

loved this expression the other day, when I had the privilege of being awarded an honorary fellowship from Cardiff University at the University of Wales. The other honorary fellow was much more interesting than me; it was Sam Warburton, the captain of the Welsh rugby team. So although I may have got some applause, he got a really big applause and he said something brilliant to me. He said, “My advice to all of these graduates is if your kit isn’t dirty, you haven’t been in the game.” I think that’s tremendous advice from one of the all-time greats in rugby, coming back to Wales. So my advice would be, to 15-year-olds, is if your kit isn’t dirty you haven’t been in the game – get your kit dirty and get in the game!

Why do you consider Outpost an important contribution to the Shell organisation?

In every Shell location worldwide, it is very important that new employees are welcomed properly during their first days after their arrival. I also used the Outpost services when moving from location to location.

Next to the fact that Outpost offers support during this important “settling in” process, it also provides courses, career advice and activities for the spouses. I therefore value their work and am very pleased to be the “Honorary Chair” for Shell Outpost Brunei.



Since joining Shell in 1990, Ceri has worked in the UK, Angola, Malaysia, the Netherlands and the United Arab Emirates. Ceri has been the Executive Vice President Exploration, Shell Upstream International since 2009, and in 2013 her role was expanded to Global Functional Head of Exploration. She has also served on the United Nations Advisory Board for Sustainable Energy for All, chaired by the UN Secretary General.

source: <http://www.shell.com/careers/life-at-shell/importance-of-innovation/meet-ceri-powell.html>

Meet & Greet Corner

Hello there!

Titi Owoyemi
Meet & Greet Coordinator



Welcome to the debut edition of the POP Meet & Greet Corner!

Here you can look forward to reading about any news and special activities the Meet & Greet team have planned for each month.

We will also spotlight the Meet & Greet team members who will be covering each month: During May, Forum, Katrina, Sandra, Fatima and Farah will be welcoming all new arrivals into Panaga. Do feel free to ask them any questions you may have, or alternatively drop into the Outpost office during our office hours.

The Outpost Seria Meet & Greet team is dedicated to helping new arrivals settle into this wonderful location and will use this medium to stay in touch with readers and residents, so please stay tuned for more!

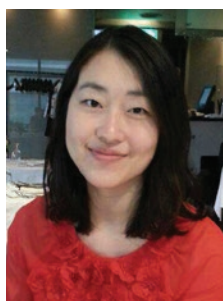
Meet & Greet team members : May



Sandra



Forum



Jessica



Farah



Katrina

Notice Board

Study or Work Space

Dear POP readers,

Are you currently working from home? Do you need a quiet working space away from your house? Which kind of requirements should it meet: Location? Working hours? Internet?

Outpost Seria would like to understand if there is a need for a designated study or work space. Currently the Outpost office is open for you on Friday mornings to come and work or study undisturbed.

Please, send your replies to Outpost Seria at outpostbrunei@shell.com or to Ksenia Odintsova at ksenia.odintsova@gmail.com.



Message from Tim Robinson Principal of Panaga School

Dear Parents,

We are pleased to announce that the work on the Teraja car park has been completed ahead of schedule.

The new changes that were due to be implemented on May the 1st, will now be brought forward and will commence on Tuesday the 25th of April.

From Tuesday morning (25th), the entrance and exit point of the Teraja car park (vehicles) will be via the front entrance on Jalan Utara, the rear exit will be closed to all vehicles.

Please see the note distributed in the newsletter on Friday for full details.

As this is a new road system we encourage all to be vigilant and drive within the speed limits.



Regards,
Tim

Notice Board

English classes

We are happy to announce that we again will offer classes in English for non speakers. These classes will be held by our new volunteer Alvin.

Classes will be held at the Outpost office every Tuesday morning from 8-9am.

Please register at outpostbrunei@shell.com

ENGLISH

Is there something you would like to learn with Outpost?

Email us! outpostbrunei@shell.com



Volunteering in and around Brunei

Dear POP readers,

We would like to ask you to share your volunteering experiences in Brunei and the nearby countries: Where have you volunteered since moving here? How did you like it? Would you advise it to other expats?

Help your fellow expats find a good cause to support! Please send you replies to Outpost Seria at outpostbrunei@shell.com or to Ksenia Odintsova at ksenia.odintsova@gmail.com.

Notice Board

Be a Guest Speaker at Outpost

Do you want to share your experience of setting up an online business? Do you want to help other expats build a portable career? Do you want to inspire others to follow their passions? Be our guest speaker!

Outpost is searching for guest speakers who could tell their stories of becoming an expat-preneur!

If you would like to be a guest speaker or know someone that would be interested in speaking with us, please contact outpostbrunei@shell.com or Ksenia Odintsova at ksenia.odintsova@gmail.com.



Tzu Chi Recycling

Tzu Chi Recycle plastic, cans, paper, card and clothes (but not glass). People are encouraged to leave their recycling in bags or boxes for the recycling staff to sort and put into the relevant sections. Here is what they DON NOT accept:

- › Computers
- › Photostat machines
- › Thermo flasks
- › Microwave
- › Air-con plastic cover
- › Tomato/ Chili Sauce bottles
- › Wine bottles
- › Colored plastic
- › Broken items
- › Religious artefacts
- › Car tyres

Address:

Jalan Jaya Negara, Kuala Belait.
Turn into Simpang 34 and again into
Simpang 34-9, Lot 4341



Notice Board

Settling in Sessions

These informal information mornings are held every Wednesday morning, from 9:30 until 11:00, at the Outpost office. They are designed to answer any questions regarding relocating to Brunei and settling into the community.

Please register at outpostbrunei@shell.com



Outpost would like to hear from you!

We are gathering information from our expat community on how your first 3 days went upon arriving in Brunei. We would very much like to hear the good, the bad and the ugly!

This research will be used to help improve the services our new families receive when moving to Brunei.

Please, kindly send us an e-mail before May 10th, to outpostbrunei@shell.com sharing your experience.

Notice Board

Malay lessons for Beginners

Date: every Tuesday

Place: Outpost Office, Lapanpuluh Apartment 1a-b

Time: 9:30-10:30 am

Register : outpostbrunei@shell.com / oshinchin@hotmail.com



One Session (1 hour)

Once a week

4 or 5 Sessions per month

Is there something you would like to learn with Outpost?

Email us! outpostbrunei@shell.com

May Calendar

Outpost Calendar

Tuesday May 23rd

How to Prepare Your Move?

Tuesday June 6th

Out to Lunch - Nur Wanita

Community Calendar

May 7th - 10th

Yoga Workshop, The Beauty of 8

May 15th - 18th

The Panaga Walkathon

Saturday May 20th

The Panaga Nations Cup

Saturday May 20th

Jungle Tots Nearly New Sale



More information can be found
on the following pages and
on our Facebook page

Want to see your event advertised here?
Email us! outpostbrunei@shell.com

Upcoming Events

How to prepare your Move?

- Margot Stroeken

Tuesday May 23rd, 2017

Outpost Office,
Lapanpuluh,
Apartment 1 a-b

9:00 - 11:00 am

Max. 10 persons

Register : outpostbrunei@shell.com



Our transition workshop will help you to understand the psychosocial process of transition. It will help you get emotionally sorted with your upcoming/recent move. It will help you understand the process of moving in perspective of an employee, trailing spouse and child. You will acquire strategies to cope with transition and enjoy your move. It's also an opportunity to discuss the logistics of moving.

Upcoming Events

Out to lunch?

Date: Tuesday June 6th, 2017

Place: Nur Wanita, Kuala Belait

Time: 12 - 2pm - drop in when you can

In an effort to boost the local economy we are organizing a get together on the first Tuesday of every month at a different restaurant around town.

Please bring your own money to pay for your lunch.

If you would like more information please email: outpostbrunei@shell.com

All welcome!



Date: Tuesday June 6th, 2017

Place: Nur Wanita, Kuala Belait

Time: 12 - 2pm - drop in when you can

Out to Lunch

Upcoming Events

MYSORE ROOM

Kuala Lumpur

& YOGA SECTION OF PANAGA CLUB

PRESENTS

The Beauty of 8

4- day workshop

Traditional Ashtanga Yoga Method with Yan Ong

Sunday, 07 May

THE BEAUTY OF 8 Lecture/Practice

An in-depth exploration of the 8 limbs that create the architecture of Ashtanga Yoga to create a complete system of Yoga practice. Understanding the philosophy of practice both on and off the mat; experiencing breath, movement and widening our perspective on the meaning of Yoga

9am – 11am, 1pm – 3pm

4 hours

Monday, 08 May - Wednesday, 10 May

Mysore sessions.

Develop the traditional method of Ashtanga yoga self practice and experience Mysore style.

9am – 11am (2 hours)

OR

6pm – 8pm (2 hours)

Panaga Club

07 - 10 May, 2017

yogasection.panaga@gmail.com

REGISTRATION REQUIRED!

Registration forms found:

-Panaga Yoga FB page

-Jungle House notice board

Please note that this workshop is free for Yoga Section members.

\$50 for non members.



Upcoming Events

THE PANAGA NATIONS CUP 2017

PANAGA CLUB
20 MAY

If you wish to participate or want more information, please sign up now! Contact the Captains listed below asap.

Please note: Only BSJV's, Panaga Club or BSRC members are eligible to participate

Team Africa and the Middle East

Bolaji Kamson

Team America

Kim Hillman Fudge

Team Commonwealth

Luke Mason

Team Europe

Arthur Lubniewski &

Natalia Rennie

Team Holland

Ieuwkje Bakker & Leonie

Beekhuysen

Team India

Ganesh Subramanian & Spandana



For more information please contact:
christinasugilasamuel@gmail.com

MAY 20TH
11AM – 1PM
@JUNGLE
HOUSE

JUNGLE TOTS NEARLY NEW SALE

**Sale of Pre-Loved items for
Bump Baby & Beyond**

Important Information

- ❖ Only Jungle Tots Members can sell - \$5 per table
- ❖ Advance booking of tables is required for sellers – email us!
- ❖ Sale is open to Panaga Club Members only
- ❖ Items must be only pregnancy, baby and children related used /new things

Contact : jungletotspanaga@gmail.com for more information!

Upcoming Events

Panaga Walkathon

Date: Monday 15 May - Tuesday 18 May
Time: 16:30 sharp!
Kids with a slower pace must be finished by 19:00.
Place: Start & finish is at the Panaga Beach-Shelter.

The Dutch Section proudly presents this fun kids event in Panaga from Monday 15th May until Thursday 18th May. All kids are welcome!

Every day we will walk a different route through Panaga of approximately 5 KM. Kids will get a stamp card on the first day. Each day they need to collect 3 stamps as proof of their participation. If the kids manage to walk all 4 days they will receive a real medal and a small treat.

To sign up go to the Dutch section on the Panaga website.

<http://www.panagaclub.com/nvb/events/panaga-walkathon-2017/>



Registration fee is B\$5 per child. Adults are free. An adult must accompany kids at all times. Parents are responsible at all times for their participating kids. The majority of the route is not suitable for strollers

For enquiries please send an email to: panagawalkathon@outlook.com

We hope to see many kids participating in this wonderful event!
Guido, Jozet, Lisette & Flo

Upcoming Events

5th Borneo International Beads Conference

When: Friday - Sunday, 13-15th of October 2017
Contact: crafthub@gmail.com or +60 12 276 2737
Organizers: Crafthub: www.crafthub.com.my

The bead culture of Sarawak, part of a greater Malaysian heritage, is rooted in centuries of tradition. An ancient maritime trading network linked Sarawak to the world; the beads most treasured today came from production centres on the Malay Peninsula, India, China and even further afield.

In the hands of Sarawak's craftswomen and collectors, these masterpieces of the glassmaker's art became intrinsically 'Borneo Beads.'

The Borneo International Beads Conference links our indigenous tradition with the bead cultures of the world. The programme includes



Friday 13th October

- 'Soft Opening' of Beads Abuzz Bazaar
- Hands-on workshop begin
- Official Opening
- Keynote address, paper presentation(s)

Saturday 14th October

- Beads Abuzz Bazaar continues all day
- Hands-on workshops
- 8 p.m. Gala Dinner

Sunday 15th October

- Presentation of Papers
- Beads Abuzz Bazaar continues all day
- Hands-on workshops
- 4 p.m. – 5 p.m. Plenary session, Q & A for all speakers and participants.

Post-Conference Tours Options:

- Anna Rais – home of the Bidayuh Tall-Bead-Hat ladies (day trip from Kuching)
- 'Roof of Borneo' -- bead culture in the longhouses of Bario Highlands (3 days)
- UNESCO World Heritage Site tour to Mulu Caves (3 days)

Snap Shots

Children's party, Sunday April 30th.

Organized by Dutch Society Brunei



Public Holiday Calendar

Brunei 2017

Date	Weekday	Holiday Name	Holiday Type
Jan 2	Monday in lieu of Sun 1st	New Year's Day	
Jan 30	Monday in lieu of Sat 26th	Chinese New Year	1st day of lunar month
Feb 23	Thursday	National Day	Independence from the UK in 1984
Apr 24	Monday	Isra and Mi'raj	The Prophet's Night Journey and Ascension
May 29*	Monday in lieu of Sat 27th	Ramadan begins	
May 31	Wednesday	Royal Brunei Armed Forces Day	RBAF formed 1961
Jun 12*	Monday	Nuzul Al-Quraan	Revelation of the Quran
Jun 26*	Monday	Hari Raya Aidil Fitri	End of Ramadan
Jun 27*	Tuesday	Hari Raya Aidil Fitri	
Jun 28*	Wednesday	Hari Raya Aidil Fitri	
Jul 17	Monday in lieu of sat 15th	H.M. Sultan's Birthday	Commemorates the birthday of Sultan Hassanal Bolkiah in 1946
Sep 1*	Friday	Hari Raya Aidil Adha	Festival of the Sacrifice
Sep 22	Friday	Al-Hijra	Islamic New Year 1439
Dec 1	Friday	Maulud	Prophet Muhammad SAW's Birthday
Dec 25	Monday	Christmas Day	

* date may vary due to the lunar calendar

Emergency Contact Numbers

Emergency Contact Numbers

Ambulance: 991

Fire Brigade: 995

Police: 993

Shell Security: 337 2999

Panaga Health Emergency: 337 2999

Panaga Health Appointment: 337 2306

Removal of Pests: 872 3006



why not hang these on your
fridge for easy access?

Panaga Health Centre Information

Panaga Health Centre

Out Patient Department

Registration to see doctor

Monday to Thursday 7.00 am - 11.00 am
1.00pm - 3.00 pm

Friday 7.00 am - 11.30 am
2.00 pm - 3.30 pm

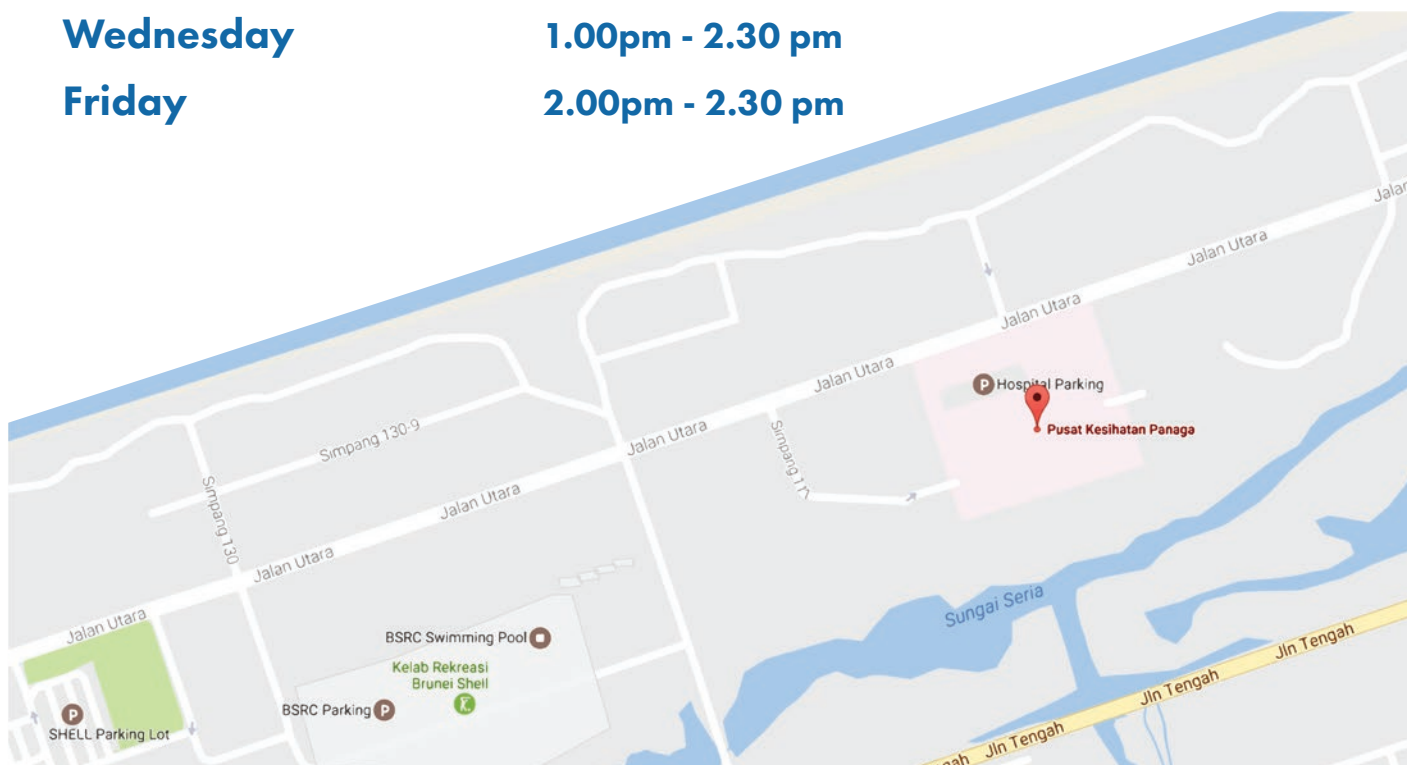
Panaga Health Centre

Immunisation Clinic

The registration times are as below

Wednesday 1.00pm - 2.30 pm

Friday 2.00pm - 2.30 pm



Outpost Seria Team 2017



Myrte Dijkman
Focal Point



Kerry Smillie
Secretary



Christina Suglia
Treasurer



Snehal Tiwari
Relocations Advisor



Titi Owoyemi
Meet and Greet
Coordinator



Spandana Chivukula
IT Member



Ksenia Odintsova
Career Development
Advisor



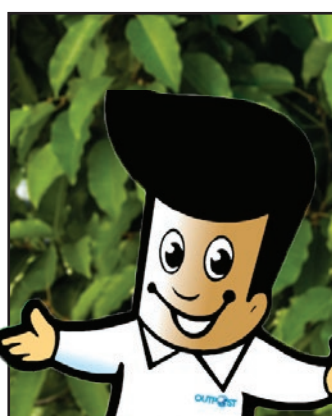
Thamine M. Kilbride
Public Relations



**Mas Azny Suhana
Mohamad**
Event Coordinator



Annika Cederberg
POP Editor



Mr. Outpost
Online Promoter